



**Canadian Ski Instructors' Alliance**

CANADIAN SKI INSTRUCTORS' ALLIANCE

***Snow Park Certification  
Course Guide***

**2016-2017**

***Mission Statement:***

***“The Canadian Ski Instructors’ Alliance provides excellence in education for the profession of ski teaching, contributing to the growth and enjoyment of skiing.”***

Certified as a designated Educational Institute by the  
Canadian Department of Human Resources Development

# Table of Contents



|                                     |    |
|-------------------------------------|----|
| Snow Park Certification schedule    | 3  |
| Performance Criteria and evaluation | 5  |
| Daily Journal                       | 8  |
| Snow Park Evaluation Form           | 10 |

## **Canadian Ski Instructors' Alliance**

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# Snow Park Certification



## DESCRIPTION

- 3 days/20 hours = 10 Education credits
- For any skier over the age of 15 that is a competent and versatile parallel skier, with some Park experience
- The successful candidate is certified to teach snow park skills up to and including intermediate skill level.

The course provides training in teaching park skills to children and adults and covers the teaching and technical aspects of switch skiing, snowpark awareness, boxes/rails and air. Candidates also receive coaching on their skiing and demonstrations with suggestions and strategies for personal development.

Participants **must** wear a helmet and twin tip skis are strongly recommended.

## SCHEDULE

### Day 1

#### ✦ Registration

#### ✦ On snow ( 4.5 hours)

- **AM – Teaching principles and warming up for the park**
  - Physical and cognitive warm-up
  - Establishing a learning contract
  - Defining technical (skiing) priorities
  - Using free-tactics/jibbing for development
- **PM - Switch ski development strategies and introduction to teaching in the park**
  - Introducing switch skiing – strategies and tactics
  - Teaching in the park environment
    - Navigation with students in the park
    - Risk management/appropriate challenge
    - Etiquette/communication
    - Identifying park features

#### ✦ Indoor (1hours)

- Course Overview
  - Objectives, standards and evaluation
  - Debrief of day 1

## Day 2

### ✦ On snow ( 4.5 hours)

- **AM – Air development strategies – teaching exchange**
  - Physical and cognitive warm-up
  - Development strategies and teaching approaches
- **PM – box and rail development strategies – teaching exchange**
  - Development strategies and teaching approaches

### ✦ Indoor (1.5 hours)

- Group debrief
- Workshop – review of air and rail development strategies, session planning

## Day 3

### ✦ On snow (4 hours)

- **AM & PM – Snow park teaching workshop and on-going demonstration assessments**
  - Review of development strategies
  - Consolidation of riding skills
  - Practice teaching exchange
- **PM – Snow park demonstration assessments**

### ✦ Indoor

- Results presentation

\*This schedule may be adjusted in consideration of conditions, weather and facilities.

# Snow Park Performance Criteria/Evaluation



During the Snow Park certification course, candidates are evaluated on their skiing and teaching skills. Candidates are evaluated on their ongoing participation and performance on and off the snow. Evaluation relative to the standard is based on the “IACRCv” model (see CSIA Manual, pgs. 5.1-5.3). Candidates must pass both skiing and teaching aspects to be Snow Park Certified.

## Re-test on Skiing or Teaching

Candidates, who fail the skiing *or* teaching component, *or* both, can apply for a re-evaluation on the incomplete portion. Re-tests for either component will be held on Day 3 of the course.

## MARKING SYSTEM

### ❖ Ski:

To meet the standard, candidates have to be at the “Consolidation” stage of development in accordance to the Snow Park Technical Performance Criteria.

| STAGE OF DEVELOPMENT | TECHNICAL ABILITY  |
|----------------------|--|
| ACQUISITION          | <ul style="list-style-type: none"><li>• The skier coordinates and executes the key components of the movement in the correct order;</li><li>• Execution is inconsistent and lacks precision;</li><li>• Conscious execution by skier;</li><li>• Rough form, lacks synchronization, rhythm and flow.</li></ul>   |
| CONSOLIDATION        | <ul style="list-style-type: none"><li>• Coordination of movements appears</li><li>• Controlled and rhythmical execution of task under stable conditions</li><li>• Some performance elements are maintained, but are inconsistent when skier is under pressure, conditions change or demands increase</li></ul> |
| REFINEMENT           | <ul style="list-style-type: none"><li>• Performance is consistent and precise in demanding conditions</li><li>• Movements are automatic and done subconsciously</li><li>• Only minor fine tuning may be necessary</li><li>• Critical reflection and correction is possible by skier</li></ul>                  |

### ❖ Teaching:

Meets expectations (ME) or Needs improvement (NI).

## TEACHING ASSESSMENT

| Learning Outcomes                                  | Performance Criteria   |
|--|--|
| <p><b>Use the CSIA Decision Making Process</b></p> | <p><b>Learning Contract:</b></p> <ul style="list-style-type: none"> <li>• Identify students' experience;</li> <li>• Establish goals;</li> <li>• Use two-way communication;</li> <li>• Provide individual feedback.</li> </ul> <p><b>Situation:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate safe teaching practices/park etiquette;</li> <li>• Use terrain/feature for skill level of student;</li> <li>• Use basic class control.</li> </ul> <p><b>Skiing Objective:</b></p> <ul style="list-style-type: none"> <li>• Choose skiing objectives based on student;</li> <li>• Choose skiing objectives based on situation;</li> </ul> <p><b>Motor Skill Development:</b></p> <ul style="list-style-type: none"> <li>• Choose task for situation;</li> <li>• Task is related to skill level of student.</li> </ul> |

## SKIING ASSESSMENT

| Learning Outcomes   | Performance Criteria - Consolidation   |
|---|--|
| <p><b>Demonstrate CSIA technique effectively - free skiing on intermediate/advanced terrain</b></p> | <p><u>On groomed blue terrain, the candidate:</u></p> <p><b>Technique:</b></p> <ul style="list-style-type: none"> <li>• Use all joints to maintain balance;</li> <li>• Lead the turning effort with the lower body;</li> <li>• Manage separation for angulation to provide grip;</li> <li>• Coordinate movement patterns for efficient turn linking.</li> </ul> <p><b>General Skiing Skills:</b></p> <ul style="list-style-type: none"> <li>• Control speed and direction on black (advanced/expert) terrain.</li> </ul> |

| Learning Outcomes  | Performance Criteria – Consolidation (continued)   |
|--|--|
| <p><b>Demonstrate effectively – Switch skiing, rails and boxes, and air skills</b></p> | <p><b>Demonstrations (maintaining technical performance criteria above):</b></p> <p><b>Switch Skiing:</b><br/>Switch skiing will be assessed on groomed green and blue runs. Successful candidates must demonstrate the following:</p> <ul style="list-style-type: none"> <li>• Switch skiing in parallel stance</li> <li>• Awareness of other skiing traffic</li> <li>• Maintains visual contact in the direction of travel</li> <li>• The ability to change direction (switch) at will</li> </ul> <p><b>Rail:</b><br/>Rail skills will be assessed on metal rails (maximum inseam height, minimum 3 ski lengths long/approx. 3-4 meters). There is no “urban” or “street” entry, no double kinks. Because park features vary, evaluation is based on the skill of riders, not the difficulty of the feature. In cases of limited features, evaluation can be adjusted with increased complexity of task – examples: ride on unnatural side, exit straight or switch. The successful candidate must demonstrate the following:</p> <ul style="list-style-type: none"> <li>• Judges and controls in-run speed</li> <li>• Wide track in-run, well timed 90° pop-on</li> <li>• Maintains visual contact in direction of travel</li> <li>• Exits with control, switch and forward</li> </ul> <p><b>Air:</b><br/>Air skills will be assessed on small development park jumps (approx. 1 metre in the air). The successful candidate must demonstrate the following:</p> <ul style="list-style-type: none"> <li>• Straight air, 180° and switch 180° <ul style="list-style-type: none"> <li>○ Appropriate in-run speed</li> <li>○ A centered and well-timed pop</li> <li>○ Stability in the air</li> <li>○ Uses all joints for landing</li> <li>○ Switch take off and switch landing</li> </ul> </li> <li>• Rotation air skills of 180° and 360° degrees <ul style="list-style-type: none"> <li>○ spins on a vertical axis</li> </ul> </li> <li>• Must be able to demonstrate <i>at least</i> 3 grabs (straight air) by moving base of support towards the centre of mass: <ul style="list-style-type: none"> <li>○ Tail grab</li> <li>○ Rocket air</li> <li>○ Cossack</li> <li>○ Mute grab</li> <li>○ Japan air</li> </ul> </li> </ul> |

**Review the key elements of the day**

**Switch skiing – Development Strategies**

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**Boxes and Rails –Development Strategies**

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**Air - Development Strategies**

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**Review the key elements of the day**

**Safety and class management**

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**Personal Development Strategies**

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